

# Heart Rate Training Chart



wellness coaching

## Anaerobic Threshold Testing

### Step 1



1. Subtract your age from 180
2. Add 10 if exercising more than 1 year
3. Add 5 for 6 months of regular exercise
4. Subtract 5 for no rigorous exercise
5. Subtract 10 for limitations

### Step 2

Walk on a treadmill at a comfortable pace. Increase speed and/or incline every three minutes to increase breathing rate. You have reached your AT (anaerobic threshold) when you: need to breathe entirely through your mouth, have difficulty carrying on a conversation, when your attention stays focused on the exercise.





## Heart Rate Training Basics

**Step 1:** Calculate your Anaerobic Threshold (AT) by following step on the attached heart rate chart. This will be a good estimate for your AT and sufficient if you do not have access to a treadmill. If you do have access to a treadmill, continue with step 2 of the AT test for a more accurate estimate of your AT.

**Step 2:** Buy a heart rate monitor. For most beginners, a basic version that allows you to program your AT and keeps track of your workout time should suffice. We recommend Polar brand heart rate monitors. [[www.polarusa.com](http://www.polarusa.com)] Basic models include: F4, F6, F7, F11.

**Step 3:** Determine your health goals and use the below guidelines for each goal.

### Weight Loss

- Spend most of your time in zones 2 and 3
- Incorporate an interval workout (see below) 1-2x weekly

### General Fitness

- Spend equal time in zones 2,3,4 (see example below)
  - Day 1 – Zones 3 & 4
  - Day 2 – Zone 2
  - Day 3 - Intervals

### Athletic Performance

- Endurance – Spend most of your time in Zones 2 & 3
- Explosive – Alternate workouts Zones 4&5, Zone 2&3, Zone 4&5, Zone 2&3

### Interval Workouts

- Interval workouts can be done on a treadmill, elliptical, bike, running outside, or in a pool.
- Intervals help to increase AT, release beneficial hormones, burn body fat, and provide variety to a workout.
- Your interval speed will be dependent upon your fitness level.

### Determining Your Interval Speeds and Recovery Time:

- There will be 2 parts of an interval workout. The **Difficult** part is when you are running, spinning, or what ever you are doing fast and hard. The **Easy** part is when you slow it down to a walk, light spin, or what ever you are doing so your heart rate drops.
- Go as hard/fast as you can for 60 seconds. A good goal is to reach your AT by the end of the 60 seconds. This may be running/sprinting on a treadmill or bike.
- Slow the speed/intensity down to a walk (or equivalent) until your heart rate drops to the bottom of zone 2. A good goal would be to recover within 3 minutes.
- Adjust the speed or time to fulfill the recommendations above. For example, if you can't recover to lower end of zone 2 within 3 minutes, slow your intensity.
- Start with 8-10 intervals and then build up by adding 1 interval to each workout until you reach 12.
- Change up the type of exercise about every 2-3 weeks.